### **Tahoma Pool**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30 am	Lap Swim					
9 - 10 am	Aquarobics		Aquarobics		Aquarobics	
9:30 - 10:30 am		Water Exercise & Deep Water Exercise		Water Exercise & Deep Water Exercise		
10:30 - 12 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons	8 - 10 am High School Swim Teams
12 - 1 pm	Lap Swim & Public Swim*			12 - 1 pm Lap Swim and Private Lessons		
1 - 2 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons	1 - 2 pm Public Swim
2:30 - 5:30 pm	٦	Tahoma and Ke	ntlake High Sch	ool Swim Team	s	2 - 3 pm Public Swim
5 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons	3 - 7 pm Rentals and Birthday Packages Available
5:30 - 7 pm	KING Aquatic Club	KING Aquatic Club	KING Aquatic Club		KING Aquatic Club	7:30 - 9:30 pm Float-In Movie 3rd Saturday of each month
7 - 8 pm	Public Swim and Drop In Diving	Public Swim \$1.00	Public Swim	Public Swim \$1.00	Public Swim	SUNDAY  Rentals & Party Packages Available
8 - 9 pm	Lap Swim Publi			Public Swim		
8 - 9 pm	Drop In Swim Training & Shallow Water Exercise	Deep Water Exercise & Aquarobics	Drop In Adult Lessons & Shallow Water Exercise	Deep Water Exercise & Aquarobics		

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool use.



This material will be provided in alternative formats upon request.

## King County

18230 SE 240 Street Kent, WA 98042 Phone: 206-296-4276 TTY Relay Service: 711 www.metrokc.gov/parks

# Upcoming Classes

### Monday/Wednesday Tuesday/Thursday

Jan. 5 - Jan. 28	Jan. 6 - Jan. 29
Feb. 2 - 25	Feb. 3 - 26
Mar. 1 - 24	Mar. 2 - 25

Registration begins up to three months before the start of the class. See *Registration Policy*.

### PRIVATE LESSONS

Get extra help on a specific skill or just more individual attention. Please ask.

### EXERCISE PROGRAMS

- DEEP WATER EXERCISE. One of the most complete aerobic and muscle toning workouts available. Call or visit the pool for info, registration, and drop-in availability.
- WĂTER EXERCISE. A drop-in water aerobics and water walking program for men and women. No swimming required. Call or visit the pool for information.
- •• AQUAROBICS.™ Registration required. Call 425-883-0475 or 1-800-817-8988.

### **FLOAT IN MOVIE**

Offered the third Saturday of each Month. Up coming features are:



January 17th - Lilo & Stitch February 21st - Finding Nemo March 20th - Daddy Day Care

### Special Public Swims

Special Public Swims 1:30 - 3:00 pm Fridays: January 16 February 13 & 27 March 12 & 19



Winter Schedule 2004 Jan. 1 - Mar. 31, 2004

We will be closed: Dec. 25, 27, 28 Holiday

Dec. 30, Jan. 1, 3 &4 Holiday

### RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

### Lap Swimming

M - F	6 - 7:30	ጋ am
M - Sa	12 - '	1 pm
M - Th	8 - 9	ma €

### **Public Swimming**

M - F, 12 -	1	pm
Sa, 1 -	2	pm
Sa, 2 -		
M, W, F,7 -	8	pm
T, TH, \$1.007 -		
F, 8 -	9	pm

### **EXERCISE PROGRAMS**

### **Deep Water Exercise**

T, Th	9:30 - 10:30 am
	8:00 - 9:00
pm	

#### Shallow Water Exercise

T, Th .	9:30	) - 10:30 am
pm		

#### Aquarobics™

M, W, F	9:00 - 10:00	ar
T, Th	8 - 9	pr